

## Evidence-Based Child and Adolescent Psychosocial Interventions

This tool has been developed to guide teams (inclusive of youth, family, educators and mental health practitioners) in developing appropriate plans using psychosocial interventions. Teams should use this information to prioritize promising options. For specific details about these interventions and their applications (e.g., age setting, gender) see the most recent Evidence Based Services Committee Biennial Report (<http://www.hawaii.gov/health/mental-health/camhd/library/webs/ebs/ebs-index.html>).

Problem Area	Level 1- BEST SUPPORT	Level 2- GOOD SUPPORT	Level 3- MODERATE SUPPORT	Level 4- MINIMAL SUPPORT	Level 5- KNOWN RISKS
<b>Anxious or Avoidant Behaviors</b>	Cognitive Behavior Therapy (CBT); Exposure; Modeling	CBT with Parents; Group Cognitive Behavior Therapy; CBT for Child and Parent; Educational Support	None	Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Individual (Supportive) Therapy; Group (Supportive) Therapy	None
<b>Attention and Hyperactivity Behaviors</b>	Behavior Therapy <sup>§</sup>	None	None	Biofeedback; Play Therapy, Individual or Group (Supportive) Therapy, Social Skills Training; "Parents are Teacher," Parent Effectiveness Training, Self-Control Training	None
<b>Autistic Spectrum Disorders</b>	None	None	Applied Behavior Analysis; Functional Communication Training; Caregiver Psychoeducation Program	Auditory Integration Training; Play Therapy, Individual or Group (Supportive) Therapy	None
<b>Bipolar Disorder</b>	None	Interpersonal and social rhythm therapy*	Family psychoeducational interventions*	All other psychosocial therapies	None
<b>Depressive or Withdrawn Behaviors</b>	CBT	CBT with Parents; Interpersonal Therapy (Manualized IPT-A); Relaxation	None	Behavioral Problem Solving, Family Therapy, Self-Control Training, Self-Modeling, and Individual (Supportive) Therapy	None
<b>Disruptive and Oppositional Behaviors</b>	Parent and Teacher Training; Parent Child Interaction Therapy	Anger Coping Therapy; Assertiveness Training; Problem Solving Skills Training, Rational Emotive Therapy, AC-SIT, PATHS and FAST Track Programs	Social Relations Training; Project Achieve	Client-Centered Therapy, Communication Skills, Goal Setting, Human Relations Therapy, Relationship Therapy, Relaxation, Stress Inoculation, Supportive Attention.	Group Therapy
<b>Eating Disorders</b>	CBT* (bulimia only)	Family Therapy (anorexia only)	None	Individual (Supportive) Therapy	Some Group Therapy
<b>Juvenile Sex Offenders</b>	None	None	Multisystemic Therapy***	Individual or Group (Supportive) Therapy	Group Therapy***
<b>Delinquency and Willful Misconduct Behavior</b>	None	Multisystemic Therapy; Functional Family Therapy	Multidimensional Treatment Foster Care, Wrap-Around Foster Care	Individual Therapy, Juvenile Justice System	Group Therapy
<b>Schizophrenia</b>	None	None	Behavioral Family Management*; Family-Based Intervention*; Personal Therapy*; Social Interventions*	Supportive Family Management*; Applied Family Management*	None
<b>Substance Use</b>	CBT**	Behavior Therapy; Purdue Brief Family Therapy	None	Individual or Group (Supportive) Therapy, Interactional Therapy, Family Drug Education, Conjoint Family Therapy, Strategic Structural Systems Engagement	Group Therapy

\* Based on findings with adults only; \*\* Appropriate if youth is in out of home setting, otherwise consider level 2; \*\*\* if delinquency and willful misconduct are present. § Consider medication or combined treatment as strongest options for hyperactivity only, or combined treatment as strongest for hyperactivity, academics (reading), and family interaction.

Jan 06 to Mar 06 - If this is not the most current version, please check the CAMHD web site for updates. ebs020 - psychosocial interventions - 1 Jan 06